

Community Support  March Programs

Moosetracks



Your source for information for MWR, CYP, Fleet & Family Support Services, Family Housing, Bachelor Housing, and the Galley at Naval Air Station Brunswick!

got questions?
get answers

Looking for a single place to find Fitness programming schedules, monthly FFSC workshops, installation based events and fees, the latest ITT excursions, up-coming community activities, SAC registration dates, contact information, etc.? And how about a way to register for events, trips or workshops without ever leaving your seat!

No Problem!

Visit www.navylifeneast.com

to easily access answers to all your Community Support Program questions and to take advantage of convenient on-line registrations.

Our brand new Site is **informative, dynamic, current** and (for the rest of the month) a means to **win some great prizes!!**

Click on us!



www.navylifeneast.com



Participate in these great "Cabin Fever Relievers"

New England Spring Flower Show

March 11 - 19th in Boston. Tickets \$16.00, good for any one day of show (save \$4.00)



Harlem Globetrotters

March 30th, @ 7 p.m. Cumberland County Civic Center in Portland Tickets \$21.00 (save \$3.00)



Smucker's Stars on Ice

April 13th @ 7 p.m. Cumberland County Civic Center in Portland. Tickets \$32.00 (save \$8.00)



Passes and vouchers on hand:

Regal Movie Theaters Passes \$7.50 & Super Pass \$24.



Children's Museum of Maine \$5.00 for a group of up to 6 people for any one day

Portland Pirates \$11.00 for quarter deck & \$15.50 for main deck seats at any home game.

Sugarloaf and Sunday River Ski Areas: \$35.00 for vouchers for full-day lift pass

Other great deals:

Passport Photos just \$7!

Grand Re-Opening of Back Bar 2 Friday, March 10th!



Back Bar 2, MWR's all hands tavern, has moved from the CBO across the street to the RecMall! Join us for great free samples of our new Pub Menu and view our new digs from 4 to close (10 pm) on Friday, March 10th.



The new location allows the bar to expand hours of operation to Wednesday through Saturday from 4 to 10 pm. The RecMall location also provides many new features including a 52" flat screen High Definition TV, a Pool table, five internet connected computers, bowling, comfortable new seating and subdued evening lighting and free movies. A new Pub Menu has also been developed that includes Pizza, Calzones, and many other pub favorites.

ESSAY for 6-12 year olds CONTEST



Throw out the first pitch at a Seadogs Game!

Kids, here's your chance to toss the first pitch at a Portland Seadogs game! Participate in the MWR essay contest to win. The contest is open to children ages 6-12.

Here are the rules:

- Essay must be one page in length (100 word maximum)
- Essay topic: "Why I want to throw the first pitch at a Seadogs game!"
- You must include: your name, address, telephone number, email address (if available), age and grade.
- Essay must be submitted at the RecMall by 4 pm on April 8th.
- Decision of the Judges will be final
- Winners name will appear on the MWR Signboard

March Madness

Lunch time bowling 11-1 \$1.00 per game

All Month Long

March 17th St. Pat's Day Special

9 Pin No-Tap Tournament

Come Bowl for the Pot of Gold

Cash Prizes will be determined on the number of entries.

The Bowling Center is open Wednesday - Saturday 11-9 pm

Wednesdays, Intramural Bowling 2-4 pm & 6-8 pm

Thursdays, "Pizza & Pins" Nite

Bowl 6:30 pm - 8:30 pm for only \$5 p/p Free Shoes!

Pizza Special: 12" 1-topping (your choice) Pizza & soft drink for \$6.75

Fridays, Friday Night Mixed League

Saturday, Cosmic Bowling 7-9 pm. \$8 per person

Great music, black lights and glow in the dark balls and pins.

Showtime

Family Movies for March Wednesday thru Saturday @ 4 pm

March 1, 2, 3 & 4: "Charlie & the Chocolate Factory"

March 8, 9, 10 & 11: "Harry Potter & the Goblet of Fire" (PG13)

March 15, 16, 17 & 18: "Cheaper by the Dozen 2" (PG)

March 22, 23, 24 & 25: "The Chronicles of Narnia" (PG)

March 29, 30 & 31: "Madagascar" (PG)

Evening Movies for Adults for March Thursday thru Saturday @ new time, 7 pm

March 2, 3 & 4: "Good Night & Good Luck" (PG)

March 9, 10 & 11: "Walk the Line" (PG-13)

March 16, 17 & 18: "The Family Stone" (PG-13)

March 23, 24 & 25: "Fun with Dick & Jane" (PG-13)

March 30 & 31: "Derailed" (R)

All movies are FREE

Spring is in the air and golf will be coming soon...

DAILY FEES

| | |
|--------------------|------|
| Rate: | |
| E1 and up | \$12 |
| DoD Civilian | \$12 |
| Civilian (non DoD) | \$20 |



SUPERSIZED PUNCH CARDS

| | |
|--------------------|------------------|
| Rate: | |
| E1 to E4 | \$340 |
| E5 to E6 | \$375 |
| E7 and up | \$415 |
| DoD Civilian | \$450 |
| Civilian (non DoD) | \$630 |
| Spouse* | \$250 |
| Youth (under 18) | (age + 4) x \$10 |

* This rate is an addition to all other categories

EQUIPMENT & OTHER SERVICES

| | |
|--------------------------------|---------------|
| Carts (per person per 9 holes) | \$7.50 |
| Pull Cars | \$3 |
| Driving Range Tokens | \$4 2 for \$7 |
| Rental Clubs | \$5 |
| Handicapping | \$25 |
| Intramural Golf Fee | \$10 |



Golf Pro shop opens April 3rd. Pro Shop: 721-9995

10 am, Monday-Friday, is story time! Have lunch while doing arts and crafts from 11 am to 2 pm for ages 3-5.

"March Movie Madness" every monday at 11 am, 1 & 3 pm. (children must be accompanied by an adult)

Friday is Game Day. Play the many games set up around the area, (rules are posted).



MARCH HIGHLIGHTS:

Thursday March 2: Celebrate Dr.

Seuss's Birthday with us! We'll read "Green Eggs and Ham" at 11 & sample "green eggs and ham" at 12! Enjoy the "Dr. Seuss Movie" at 2pm. (Note: Parents must be in the movie theater with their small children)

St. Patty's Day celebration March 18th

Celebrate St. Patrick's Day at the RecMall with games and activities to keep you entertained.

Don't forget, wear your green!!

SCHEDULE OF EVENTS:

11 am - Ages 5 and under will seek a "pot of gold." (small children may be accompanied by an adult for this activity) Ages 5 and up will compete in our St. Pat's Potato Sack Hop!

12:00 - Cookie Decorating... green icing and green sprinkles will be the specialty.

1 pm - Create your own Shamrock Photo Frame. Take a memorable photo for only \$2. At 2

pm - Watch our favorite big green "ogar", Shrek, in the theatre!

There will be raffle prizes throughout the day and rewards for everyone.



Great Pond Outdoor Adventure Center

Active Duty Half-Price Special for cabin rentals during the month of March. Come for a day or even a week and enjoy snowshoeing, cross country skiing or cozy up to a crackling fire in



Great Pond



Outdoor Adventure Center

your cabin hide-away. Call 584-2000 to make your reservation. Guest must show military ID to receive the reduced rate.

A special “Relocation Celebration” will be held at the new facility on Friday, March 3 from 4-7 pm. Liberty Sailors (single and unaccompanied) are encouraged to join the festivities and share pizza, snacks, prizes and more.



Events for March LIBERTY PROGRAM

THE LIBERTY PROGRAM IS FOR SINGLE & UNACCOMPANIED SAILORS & THEIR GUESTS 18 YEARS OF AGE AND OLDER

The Liberty Center has a new home (temporarily, that is). Due to renovations to Building #516, the Liberty Center has moved to a temporary home in the rear of Building #211 (Field House). Access to the new space is through the side of the building. Open Monday - Friday from 4-11 p.m. & Saturday - Sunday from 1-8 p.m.

Ski Outing, Saturday, March 4 Liberty Sunday River Ski outing!

The lift ticket price is \$35. Liberty Sailors may rent skis or snowboards from MWR Rec Rental for \$10! (guests must pay full price) The van leaves the Fitness Center parking lot at 7 a.m. Please Register at the Liberty Center by Thursday, March 2.



Liberty Hoop Shoot Thursday, March 9 at 8 p.m. Who is the top shooter at the Hoop Shoot? Two lucky winners will receive two FREE tickets to the Harlem Globetrotters game on Thursday, March 30, 2006 at the Civic Center in Portland.

Golden Luck Tuesday, March 14 test your "Irish Luck" with our Gold Coin Toss. The top 3 Sailors tossing the greatest number of coins into the pot will receive prizes.

Downtown Dinners Thursday, March 16 is the first monthly Liberty dinner outings to area restaurants. A new restaurant each month with transportation from the Fitness Center parking lot at 5:30 p.m. Sailors are responsible for his or her own bill.



Double Elimination Pool Tournament

Tuesday, March 21 the Liberty Center Double Elimination Pool Tournament starts at 7 p.m. with a \$4 per person entry fee. The money collected will become the prizes for the first and second place winners. Register at the Liberty Center by 6:30 pm on 21 March.



Saturday Madness Saturday, March 25 FREE pizza, soda, dance music and prize drawings & crazy games to get you up and out of the barracks. Fun from 1-8pm.

Birthday Bash Wednesday, March 29, Liberty is celebrating March birthdays. FREE cake and ice cream will be provided at 7 P.M. in the Liberty Center.



LIBERTY CENTER OPERATIONAL HOURS
Wednesday - Friday from 3-10 p.m. Saturday - Sunday from 1-8 p.m.



March Fitness

Step Challenge

Tues: 9:15-10:15 am.
Strength training sets alternated with step cardio training.

Cardio/Circuit Mix

Mon: 11:15-12:15 pm &
Thurs: 9:15-10:15 am.
Combines Hi/Lo aerobics, Step, Jump ropes, etc. Kickboxing, STEP, Circuits or "who knows" what you'll get!



Awesome Abs

Tues: 11:15-12 noon. Focus on abs, trunk, obliques, lower & upper back.

Cardio Yoga

Wed: 9:15 - 10 am.
Combines the strength and flexibility of Yoga with Cardio.

S -Set

Fri: 11:15am -12:15pm.
Exercise performance, movement, speed, & execution.

Running Clinic

Tues: 11:15am-12:15pm or Thurs: 11:15am - 12:15pm. *This class is NOT a drop in class!

Select FEP must be Command directed to attend.

Jump/Jab/n'Kick

Wed: 11:15 -12:15 pm. A great combination of kick-boxing and jump roping.

Yoga Stretch

Tues: 3:15 -4:00 pm. Focus will be on the lower back, hamstrings, hips & abs.

Salsa Dance!

Tues: 6 -7 pm. for Beginners; 7-8 pm for Intermediate level.

Children's Ballet

Mon: 4:30-5:15 (Ages 4-6); 5:15-6 pm (Ages 7-10).

All that Jazz!-for kids!

Wed: 4:30 -5:15 pm. A jazz dance class for boys and girls ages 7 -12.

**** Women's Power ****

a 2hr. self defense class for women and girls ages 13 and up! Saturday March 4th. Time TBA

Hypnotist Steve Marino



MWR Field House
Saturday
March 11th
at 8 pm
\$2

Call
921-2382
for more
info or to
reserve a
table



Hypnotist Steve Marino will take the stage for a 90-minute journey into the world of hypnosis. Steve has performed at a variety of venues in the greater Boston area (including the USS Constitution) and now brings his extraordinary talents to NAS Brunswick.

Marino has been entertaining audiences throughout United States with his unique style of stage hypnosis where the volunteers become stars by unleashing their talents in a fun filled and tasteful manner. Steve has been a hit at many colleges throughout the country as well as resorts, fairs, cruises, weddings and corporate functions. Steve will be featured this fall during prime time in the Boston's area WCTV'S Wild Encounters program.

When you see people speaking Martian talk and men dancing like Jennifer Lopez, you will be rolling in the aisles. Steve has been called the goodwill ambassador for stage hypnosis because of the dignity and respect he displays towards his "hypnotic guests".

The Field House will feature cabaret seating at tables of 8 and a cash bar will be available. Groups may contact Carol Chalmers, Special Events Coordinator at 921-2382 or [carol.chalmers@navy.mil] to reserve a table. A nominal fee of \$2 per person will be charged.



Front Counter

Grilled Cheese Sandwich with Bacon and Tomato
for only \$2.50

Kid's Hot Dog Meals \$2.25

For March 17th we will be serving 20 oz. GREEN Shakes for only \$2.50 (Of course this will be a Pistachio shake)

March 24th is Teachers Workshop Day so there is no school so for the Kid's that day we will have a small fry and small soda for only \$1.00

Pizza Plus

Tuesday's
2-ONE topping 12 " Pizzas" for only \$6.75 additional toppings \$.75 per pizza.

Meatball Sub, chips, and soda 3.95

March 17th if you come in wearing something green we will take \$1.00 off any order of \$5.00 or more.

Buy your TEEN Nights Punch Card at the SAC Center
Come to 10 TEEN Nights for \$15!



TEEN Nights

For ages 13-17

Tuesdays and Thursdays 6-8 pm @ the SAC Center

Computer Lab, Play Station 2,
Dance Dance Revolution, Bumper
Pool and Foosball
FMI Call 921-2878

Parent's Night Out

at the SAC Facility, March 24th

Great fun for children grades K-5.
Session One, 6 to 9 pm is \$5 per child.
Session Two, 6 pm to 12 midnight is \$10 per child. Pizza, snacks, crafts, games, DDR, Computer Lab, movies and lots of FUN!

Call x 2878 To Register.



Vet Clinic

Since NASB is slated to close due to BRAC, military who are PCS'ing, retiring or leaving the area are requested to pick up their pet's records at the Vet Clinic. All records remaining at base closure will be destroyed.



Fleet and Family Support Center

Hours of operation: Monday - Friday 0800-1630, For more information or to register for classes, please call: 921-CARE
For more information on course details, course schedules and special events visit us at www.navylifenortheast.com

March Classes



Pre-Separation, .March 20-23 (0800-1600; 0730 day one only)
Resume Writing, March 24 (0900-1100)
Spouse Familization, March 2 (0900-1200)
Federal Employment System, March 27 (0900-1100)
Self Employment, March 8 (0900-1130)
Job Networking, March 3 (0900-1100)

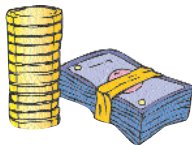
Please contact the FFSC office at 921-2273 to sign up for any of the above seminars.

April Classes at a Glance

| | |
|---|--|
| Couples Communication & Relationships: April 1: 0900-1030 | Sponsor Training Workshop: April 20 from 0900-1200 |
| Job Search Strategy: April 7, from 0900-1100 | Basic Finance: April 21 from 0830-1200 |
| Basics of Retirement Planning: April 12 from 0900-1200 | Pre-Retirement: April 24-27 from 0800-1600 (First day only starts at 0730) |
| Career Planning: April 17 from 0900-1100 | Resume Writing: April 28 from 0900-1100 |
| PCS Smooth Move Seminar: April 13 from 0830-1200 | |

ON-LINE RESOURCES

| | |
|---|--|
| Federal Employment www.usajobs.opm.gov | www.staynavy.navy.mil |
| Financial and Education Benefits www.gibillexpress.com | Navy-Marine Corps Relief Society www.nmcrrs.org |
| Fleet and Family Support Programs www.ffsp.navy.mil | Navy Medicine navymedicine.med.navy.mil |
| Life Lines www.lifelines.navy.mil | National Center on Domestic and Sexual Assault www.ncdsv.org |
| Military Home Front www.militaryhomefront.dod.mil | Nurturing Parenting.com www.nurturingparenting.com |
| Military One Source www.militaryonesource.com | Operation Support http://www.operation-support.com/ |
| Military Pay http://www.dod.mil/dfas/ | Sexual Assault Prevention Resources www.sapr.mil |
| Military Spouse Corporate Career Network http://www.msccn.org/ | SITES Home Page http://www.dmdc.osd.mil |
| Military Student www.militarystudent.org | Spouse Information www.surfacespouses.navy.mil |
| Navy Career Development | Transition Information www.dodtransportal.org |



PROVIDING CAREER OPPORTUNITIES FOR MILITARY SPOUSES

A partnership of corporate, non-profit and U.S. military entities have all come together to create the Military Spouse Corporate Career Network-a direct hire program supported by a nationwide network of employers.

The centerpiece of this program-whose mission is to provide the finest job market possible for military spouses-is a state-of-the-art website/database which matches skills of military spouses with job opportunities nationwide.

Amazingly, there are no placement fees to spouses, employers, DoD, DHS or the Military Services. MSCCN is funded by subscription fees and other financial support from its network employers who enjoy unlimited job postings and unlimited access to a skilled and diverse pool of

applicants-military spouses. The MSCCN gateway easily adapts to each network employer's unique HR and recruiting needs and includes on-line resume building and training tools. The site allows for the posting of thousands of job opportunities while tracking applicants through the system in a secure database environment.

The program, developed by military spouses, provides the first-ever military spouse web Gateway populated with jobs specifically designated for military spouses. Ultimately, the website will also link to services available to spouses from DoD spouse employment professionals at Military Family Centers.

While jobs listings are strictly CONUS, the program does present excellent opportunities for spouses who are returning from OCONUS.

Log on now!
www.msccn.org

Navy-Marine Corps Relief Society-Brunswick ME:
(207) 921-2414, call for appointment



For information on all Community Support Programs Northeast visit our website:
www.navylifenortheast.com

LIBERTY Program (single sailor)
921-1776
LIBERTY Lounge: 921-2771

School Age Care
921-2878

RecMall, Bldg 583
Office 921-2589

RecMall Youth Activities
921-2155

RecMall Food Court
921-2860

Pizza call in 921-2351

Pick Up & Go Catering
921-2589 Party Bookings

Great Pond Outdoor Adventure Center
207-584-2000

Back Bar 2
921-2588

Bowling Center
921-2145

Information, Tickets & Travel
921-2113

the Grille at Mere Creek Golf Course
921-9995
Mere Creek Pro Shop
921-9995

Veterinary Services
725-8450/921-1386

MWR Administration
921-2684

Marketing & Sponsorship
921-2161

Field House
921-2796/2824
Fitness Center
921-2162/2932

Racquetball Court Reservations
921-2162

Child Development Services
Child Development Center, Bldg 21 & 26
921-2610/2619/2615
Child Development Homes
921-2619/2610

Outdoor Adventure Programs and Ski Shop
921-2738

Auto Skills Center
921-2488

Picnic Ground Reservations are now handled by NASB Admin: 921-2323

For more information or to contact Moosetracks call 921-2161.

Recreation... the benefits are endless

Got questions?
Get Answers.
visit our website:

www.navylifenortheast.com